

Veggie Pizza

Try this recipe for an easy – and healthier – alternative to frozen or delivery pizzas.



Love pizza, but not what it does to your waistline? Try this pizza, which is made with a whole-wheat crust and piles on the veggies for lots of flavor.

Ingredients:

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| 1 pound prepared whole-wheat pizza dough | Pinch of salt, if desired |
| 2 cups chopped broccoli florets | Freshly ground black pepper, to taste |
| 1/2 cup onions, cut into strips | 1/2 cup no-salt-added tomato sauce |
| 1/4 cup water | 1 teaspoon Italian seasoning |
| 5 ounces arugula, chopped, any tough stems removed (about 6 cups) | 1 teaspoon oregano |
| 2 cloves of garlic | 1 medium tomato, thinly sliced |
| | 1 cup shredded part-skim mozzarella cheese |

Preparation:

Position oven rack in the lowest position and then preheat the oven to 450 degrees F. Coat a large baking sheet with cooking spray.

Roll out dough on a lightly-floured surface to about the size of the baking sheet. Transfer to the baking sheet. Bake until puffed and lightly crisped on the bottom, 8 to 10 minutes.

Meanwhile, cook broccoli, onions and water in a large skillet over medium heat, covered, until the broccoli is crisp-tender, about 3 minutes. Stir in arugula and garlic and cook, stirring, until wilted, 1 to 2 minutes more. Season with salt, if using, and pepper.

In a small bowl, mix the tomato sauce, Italian seasoning and oregano. Spread the tomato sauce mixture evenly over the crust. Top with the broccoli mixture, tomatoes and sprinkle with cheese. Bake until crispy and golden and the cheese is melted, 8 to 10 minutes.

Nutrition Facts

Yield 6 servings

Amount Per Serving

Calories 250

Fat 6 g

Saturated fat 2 g

Cholesterol 12 mg

Protein 12 g

Carbohydrates 39 g

Fiber 5 g

Sodium 461 mg

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